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PHOTOGRAPHY

PAWS & CLAUS

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Winnipeg metro

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A solution to the lice problem

metroNEWS



ISTOCK

Rethink the living wage, says advocate

\$15 rate would lift small family from poverty

**Donna
Maxwell**
For Metro | Winnipeg

Raising the minimum wage to \$15 an hour will not only bring an adult out of poverty, but a child as well, says local advocate Josh Brandon of Make Poverty History Manitoba.

"That number in particular relates to the wage that would be required to lift a single parent with one child above the low-income cut-off," Brandon said Monday at Winnipeg Harvest, where they were marking 30 years of help.

Brandon was called up to speak by Prof. Sid Frankel from the

University of Manitoba. Frankel was previewing the Child and Family Poverty Report Card, which will be released today.

"Congratulations for not taking the usual stance that the wage should move the worker out of poverty," Frankel said. "This is really saying the wage should move at least the worker and one child out of poverty, which I think is a ... useful way of approaching this."

Brandon said his group has a plan to reduce poverty in the province, which includes the creation of a target and timeline for reducing poverty, more money for mental health services, 12,000 new affordable child-care spaces, a doubling of the EIA basic needs budget and an investment in 300 units per year of social housing.

Harvest at 30, metroNEWS

REFUGEES Feds' screening plan revealed • **PARIS** Discarded suicide vest found • **metroNEWS**

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GARBAGE

Committee requests gravel lanes report



Elisha Dacey
Metro | Winnipeg

The city's new Water and Waste, Riverbank Management and the Environment committee has asked administration for a report on the possibility of a pilot project to see less wear and tear on gravel back lanes.

The idea would change garbage pickup from gravel back

lanes to the front streets in a small area in St. Vital to try it out in an effort to reduce wear and tear on back lanes and make it easier for Emterra to pick up waste and recycling.

Coun. Brian Mayes championed the idea and wants the project to happen in his ward, where 27 per cent of the back lanes are gravel and in need of yearly grading and repair.

"There are some challenges with trying to do this," said Mayes, adding the idea has received mixed reaction.

The motion asks for background information from administrators in 90 days about the pros and cons of moving collection to a front street.



There are some challenges with trying to do this.

Brian Mayes

INFRASTRUCTURE

City staff issues update on riverbank priority list

The city has updated its priority list for riverbank stabilization.

Administrators said a total of 220 sites in the city are monitored for risk of severe riverbank erosion.

"This list is not static, in part because riverbanks are not static," said administrators, noting the city is taking photos by air as well as checking sites yearly.

The revised list includes the following:

- Guay Park
- Osborne Street at Woodward Avenue
- Wellington Crescent at

Edgeland Boulevard

- River Road to Rivergate Drive
- Crescent Park
- St. Cross Street at Mortimer Place
- Canoe Club
- Lyndale Drive Park and Lawndale
- D'Arcy Drive at Agassiz Drive
- Redwood Avenue to Alfred Avenue
- Tache Avenue at the Provencher Bridge
- Minnetonka Street

The total cost to shore up these 6.8 km of land will cost about \$60 million, said administrators.

METRO STAFF

Grey Cup festival a touchdown for fans

SPORTS

Celebration features CFL team parties, beer and music

Shel Zolkewich
For Metro | Winnipeg

The 103rd Grey Cup Festival celebrates the country's football frenzy from Wednesday, Nov. 25 to Sunday, Nov. 29 right here in Winnipeg.

No tickets to the big game? No problem. The jam-packed schedule includes a concert series, pancake breakfasts, a street festival and even the Santa Claus parade.

"We've put together a structure that is universal in its appeal," says Jason Smith, president of the festival. "If you're a country music fan, take in the free concerts. If you have kids, check out the street festival. It truly does have something for everyone."

The celebration kicks off Wednesday with the arrival of the Cup at the Manitoba Legislature at 3 p.m. On Thursday, the fun starts at Grey Cup Festival HQ at RBC Convention Centre with a host of events including the Atlantic Schooners 9th Downeast Kitchen Party, Riderville and the Manitoba Craft Beer Concert Series featuring Dallas Smith, Aaron Pritchett and Leanne Pearson.



Country singer Leanne Pearson will be performing at the Grey Cup Festival this week. CONTRIBUTED

Free family-style entertainment happens at the Nissan Titan Street Festival at the University of Winnipeg on Thursday, Friday and Saturday from 10 a.m. to 8 p.m. Inside at the Macdon Fan Experience and Family Zone, visitors can kick a field goal, run an obstacle course or test their skills at the Winnipeg Blue Bombers' Drop Back and Pass area.

During the festival, several

Canadian Football League teams will host parties dedicated to their fans, including the Tiger-Town Grey Cup Party, Lions Den, Spirit of Edmonton and Red-blacks Grey Cup Party 2015.

"These are heavily attended by their fans but open to everyone," Smith said. "It doesn't matter what team you're a fan of, it's all about the spirit of camaraderie."

Manitoba's craft beer makers

— Half Pints Brewing, Fort Gary Brewing and Farmery Brewing — will provide a selection of locally-made brews during some of the festivities in addition to sponsoring concerts at RBC Convention Centre and MTS Centre.

The Santa Claus Parade begins at 4:30 p.m. on Saturday with the Grey Cup leading the charge.

For a complete list of events, visit 103greycupfestival.ca.

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TRANSIT TUESDAY

Weekly Transit News Update



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The driver of this SUV did not survive after she smashed the vehicle along at least two buildings before crashing into the Buhler Centre on Portage Avenue. ALL PHOTOS SHAUN MCLEOD/FOR METRO

Chase ends in death

CRIME

Driver dead, passenger hurt, arrested



Elisha Dacey
Metro | Winnipeg

A woman is dead and a man arrested after a police pursuit that ended in a crash on Portage Avenue early Monday morning.

Winnipeg police say they spotted an SUV believed to be involved in a robbery earlier in the evening near Empress Street and Portage Avenue at about 1:20 a.m.

The vehicle sped away and police gave chase, but police said they lost sight of the vehicle and they backed off. The vehicle crashed into several buildings on Portage Avenue near Good Street just before 1:30 a.m. said police. The University of Winnipeg's Buhler Centre was damaged, as were at least two other buildings, trees, a parking meter and a lamppost.

Police said the driver of the vehicle, a woman, 27, was taken to hospital in critical condition where she later died. A male passenger, 30, man, was injured and tried to leave the



Above: Portage Avenue eastbound remained closed more than 12 hours Monday. Below: Police at the scene of the crash. The Independent Investigation Unit is now investigating.

scene but was arrested on foot.

Winnipeg police said the woman was a suspect in a robbery on Dale Boulevard at about 12:30 a.m. Charges have yet to be laid against the man. Police have not released any names. The Independent Investigation Unit is investigating and is asking witnesses who may have information or video footage to contact them toll-free at 1-844-667-6060.

Police shut down the entirety of eastbound Portage Avenue through the morning rush hour and it remained closed for most of the day, before two lanes opened to let traffic through in the afternoon.



Winnipeg Harvest marks 30 years of feeding the city

SOCIAL JUSTICE

Event highlights work done, need for more help for vulnerable

Donna Maxwell
For Metro Winnipeg

When Winnipeg Harvest organized an event to mark, not celebrate, its 30th year in Winnipeg Monday, it brought out not just professors and the occasional politician, it attracted impressive people who've walked through Harvest's doors over the years as well.

Mary, who didn't want to give her last name, was homeless about four years ago and came to know the food distribution and training centre in a way that has profoundly impacted her life.

She stood up during a morning session aimed at ending the need for food banks and said while families need help, so, too, do individuals who are alone and struggling.

+ RESULTS

Last month, Winnipeg Harvest's Share Your Thanks campaign raised 108,556 lbs of non-perishable food that was matched by both Canada Safeway and Peak of the Market for a total of 325,698 pounds of food as well as \$4,025 in donations.

COURTESY WINNIPEGHARVEST.ORG



Winnipeg Harvest executive director David Northcott and former client Mary share a hug at Winnipeg Harvest on Monday. DONNA MAXWELL/METRO

"They're the forgotten ones," Mary said.

"There's individuals that are struggling with poverty... there's so many homeless people out there."

According to a 2012 report from the Social Planning Council of Winnipeg, nearly 28,000 people live in inadequate housing in the city core and on any given night, 353 residents sleep in shelters.

Prof. Sid Frankel from the University of Manitoba's faculty of social work said single homeless people face an uphill battle in the public's eyes.

"Unfortunately, the public is



Harvest kind of took me under their umbrella. David Northcott (Harvest executive director), he knew the gift inside of me was to speak and to build myself up and to help others, and I appreciate this. Mary (last name withheld) on her experience at Winnipeg Harvest

less likely to see single adults as deserving," he said.

"Harvest, I think, has done wonderful work in terms of trying to change those attitudes with information that it's put out."

In Mary's case, she said she chose to be homeless.

She'd taken in six cats, and she had a dog, and she couldn't stay in her place anymore. She tried taking the cats to the Humane Society, but didn't want

them put down.

So she and her six cats and her dog lived in her car — during the winter.

She credits Winnipeg Harvest with getting her through that time and executive director David Northcott, especially, with having a genuine concern and understanding. "Harvest kind of took me under their umbrella. David Northcott, he knew the gift inside of me was to speak and to build myself up and to help others, and I appreciate this," she said.

"It's like a bubble in here. It's so safe and you learn, and you get taught the hard way too, but they're still your friends on the outside."

Mary now has a place to live and is working part-time self employed as an event planner, and has been offered a job that she's keeping under wraps until she makes her decision.

She had harsh criticism for government agencies like Employment and Income Assistance, which she said are too willing to turn a blind eye to individuals in trouble.

The system is too complicated, and homeless people who can't navigate the system opt out, she said.

"When they go into EIA and ask for basic needs... they're told... to come back," she said.

"But they don't really explain what's happening, so the majority of them don't come back, so they go and survive on the streets, or they come to the food banks."

ANIMALS

Pets need assistance from food banks, too

Maybe you've never thought about it, because it's never happened to you, but what do you do when you're homeless, or barely getting by, and you have a pet?

The cold and callous answer is quick — get rid of it — but the reality is pets are family members.

Executive Director David Northcott said he was glad to see a friend of Winnipeg Harvest, a former homeless woman named Mary, raise the issue of pets in need on Monday in front of the minister of Family Services, Kerri Irvin-Ross.

"How do we deal with families who get some pet food but not enough and how do we deal with that without overshadowing the need for families and kids to get human food?" Northcott said.

"The demand for pet food is huge, and we haven't had a solution for that yet."

Northcott said Harvest, along with Mary, is planning to work towards a solution.

DONNA MAXWELL/FOR METRO



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Salon tackles the facts of lice

BUSINESS

Delousing service helps parents keep kids bug-free

Meg Crane
For Metro | Winnipeg

If your child has ever come home with lice, you know how difficult it can be to get rid of the little pests.

"The kits at home don't work," said Slice of Lice owner Sarah Phillips.

"If you miss a bug, if you miss any egg and think you're good, they'll just start multiplying again within three weeks."

From there, the creatures simply spread again, forcing another round of chemical treatment that lice have built up a tolerance to, and people believe they no longer are infested when instead they're spreading them.

"It's becoming more and more of an epidemic," Phillips said.

After taking specialized delousing training and certification in Florida, Phillips started Slice of Lice as a mobile business last year.

While the mobile business proved popular, she was able to see only two clients a day.

So, two weeks ago, she opened a storefront at 39 St. Anne's Rd., in which she can delouse five to eight people daily, said Phillips.

"I think of it more of a spa experience because it's a little bit less stressful than having to do it yourself," said Phillips.

Phillips said she knows from personal experience how frustrating it can be, especially for families with children who have long hair.

"Most people think I'm nuts," said Phillips – until they need her services.

The ultimate goal is to break down the stigma sur-

+ NITPICKING

- Lice don't spread disease and are not dangerous
- Lice bite, which can lead to an itchy scalp
- They are contagious

rounding head lice to prevent it's spread – if people are comfortable talking about it, the more likely to tell someone they have it.

She said it's important to erase the stigma so people feel comfortable talking about having lice.

"It's important for people to know that you're not gross or dirty," said Phillips.

"(Lice) want your blood. That's all they want. They don't care if you're clean or dirty. In fact, they prefer clean hair."



Lice want your blood. That's all they want. They don't care if you're clean or dirty. In fact, they prefer clean hair.

Sarah Phillips



Sarah Phillips demonstrates on her daughter's hair at her new salon, called Slice of Lice, on St. Anne's Road. MEG CRANE/FOR METRO WINNIPEG

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EVENTS

Entrepreneur's monthly bash grows beyond 800 children

Shel Zolkewich
For Metro | Winnipeg

Nearly a decade later, a Winnipeg man says he plans to continue to offer kids a place to bounce around for free.

Local entrepreneur Hussain Guisti runs a free community party every month from October through May in an attempt to keep kids active. The next event is this weekend, featuring five inflatable bouncers.

The event is open to everyone. Guisti rents the community centre and pays the expenses out of his own pocket.

"There's absolutely no catch. No admission fee. No donations," he said.

Guisti has been hosting the kids' events since 2007. Until this spring, they were hosted



Hussain Guisti hosts a kids' party monthly from October to May at the Greendell Park Community Centre. DONNA MAXWELL/FOR METRO

in the Grand Mosque on Waverley Avenue and attracted about 90 kids.

After moving to Greendell Community Centre, 800 kids showed up in May.

"It used to be seen as a mosque event before we

moved," he said. "Now it has really become a community event."

Guisti said at least half of the attendees at the May event were not from the Muslim community. He said the event is also a chance for parents to relax and



I'm doing it simply for the sake of doing good.

Hussain Guisti

visit after a long week.

"I'm doing it simply for the sake of doing good," he said.

"Kids are already on their break from school, and families will be looking for something to do after the traditional family gatherings are done,"

+ DETAILS

This weekend's party runs on Saturday from 5:30 p.m. to 10 p.m. and Sunday from 3 p.m. to 9 p.m. at Greendell Park Community Centre, 75 Woodlawn Ave.

Pizza, chicken, soft drinks and treats are available at family-friendly prices throughout the weekend.

The December event will run for four days, from Dec. 23 to 26, 2 p.m. to 9 p.m., at the community centre.

For more information on upcoming events, call Guisti at (204) 223-6789 or hussaingusti@yahoo.ca.

he said.

Guisti also spearheads Winnipeg efforts of the Zubaidah Tallab Foundation. It has built mosques for Thompson, Man., and Inuvik, N.W.T., and have a couple of other mosque projects underway.

"I'm looking for something more long term."



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THEATRE BEHIND THE LOOKING-GLASS Toby Hughes, Arne MacPherson and Paula Potosky in rehearsals for *Alice Through the Looking-Glass*, which comes to life at the Royal Manitoba Theatre Centre's John Hirsch Mainstage from Nov. 25 through Dec. 19. LEIF NORMAN/ROYAL MTC



Chris R.



Kevin J.



Emily M.

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IMMIGRATION

The group that's 'left behind'



Gilbert Ngabo
Metro | Toronto

Some refugee advocates are concerned the plan to resettle 25,000 Syrian refugees could leave behind the most vulnerable.

Government is reportedly working on fast-tracking only women, children and families, excluding any single male applicants. Details of the plan are scheduled to be released Tuesday, but it is believed the new measures stem from security concerns.

It is the only way to proceed given the "rushed" deadline pending over the Justin Trudeau government, following his promise during the campaign, said Toronto immigration lawyer Guidy Mamann.

"Children, women and families are a much lower-risk demographic than young men," he said, adding most recent terrorist attacks were "typically" carried out by young, single men.



When you decide to do something fast, you're not going to do it well.

Toronto immigration lawyer
Guidy Mamann

The issue, however, is that this selection could disqualify male refugees "just because they happen to be single," said Mamann, who has provided legal assistance to refugees from around the world for nearly 30 years.

"When you decide to do something fast, you're not going to do it well," he said, adding the project was initially ill-conceived and is prone to be ill-executed.

"I have no doubt there will be millions of Syrian refugees left behind who are better qualified than the 25,000 we're taking in."

Samir Mourani, executive director of RefugeAid, said such a plan would be understandable if it was just about prioritizing family applicants. To completely freeze out single males is "unfortunate," he said.

"They could be extremely vulnerable. Maybe they are on disability or they are being persecuted for the wrong reasons," he said.

"That's not something they chose. It's a result of the conflict. It really shouldn't be based on marital status."

Feds to screen all refugees before they come to Canada

RESETTLEMENT

Plan to use 'several layers of security' to ensure safety

The federal government will screen all 25,000 Syrian refugees for security concerns or health issues before they board planes for Canada, Torstar News Service has learned.

A government source said Monday that "100 per cent" of the screening will take place before refugees board charter and military aircraft to come to Canada in the coming weeks.

It ends speculation that portions of the screening process would be done on Canadian soil, after Public Safety Minister Ralph Goodale told reporters screening could take place both abroad and at home.

Furthermore, the Liberal government believes they can accomplish that screening while making good on their campaign promise to bring in 25,000 Syrian refugees by the end of the year.

And the most vulnerable groups — including women and children, families and LGBTQ populations — will get priority.

"Our priority has always been around addressing the most vulnerable people, and



We're looking for space. We're putting in place what we can to make sure that as people arrive, that there is accommodation.

Ontario Premier Kathleen Wynne

that's still the priority," Health Minister Jane Philpott, who leads the cabinet committee on the resettlement effort, said Monday afternoon.

Ottawa also intends to launch a website encouraging Canadians to donate or volunteer to aid in the refugee resettlement, something Immigration and Refugees Minister John McCallum has called a "great national project."

On Tuesday, McCallum and

Philpott will roll out the details of the resettlement plan.

McCallum briefed his provincial counterparts on the logistics of the plan on Monday, assuring them that the federal screening process was rigorous.

"He didn't get into the specifics other than to indicate there will be several layers of security that are accomplished even before they arrive in the country," Manitoba Premier

Greg Selinger, in Ottawa for a First Ministers' Meeting, told reporters.

Saskatchewan Premier Brad Wall, who last week released an open letter urging Prime Minister Justin Trudeau to take more time to accomplish the goal, said most of his concerns have been addressed.

At the same time, the Department of National Defence has been busy making room for refugees at a number of bases, as well as winterizing facilities to house the refugees. It's not known which bases will host the refugees, although CFB Trenton in Ontario and CFB Valcartier in Quebec are likely candidates.

TORSTAR NEWS SERVICE



At the Canadian Forces Base in Kingston, Ont., people are transforming several barracks that are intended to house Syrian refugees coming to Canada.

THE CANADIAN PRESS



VACANCY

Newcomers won't threaten housing market: Experts

25,000 people may sound like a lot of bodies to house, but by the time the Syrian refugees settle in permanent housing, no one would even notice, say housing and settlement experts.

In Ontario, for example, — which is expecting 10,000 Syrians — roughly 2,500 housing units would be required considering most refugees will come as families and live under one roof, according to University of Toronto urban

planning professor David Hulchanski.

"Ontario has about 1.3 million rental housing units. The refugees will be in temporary housing (in military bases) and we'll have housing counselors to help them," said Hulchanski, who specializes in housing, neighbourhood and community planning issues.

Many Canadians may be struggling to find affordable housing — and the social housing waiting list is long, but it

3.3%

The Canadian housing market vacancy rate, which has increased from 2.8 per cent in 2014.

doesn't mean the arriving refugees cannot be accommodated in Canada's housing market, where the vacancy rate has increased to 3.3 per cent from

2.8 per cent a year ago.

In Toronto alone, there are some 500,000 rental units on top of the 140,000 units in the 905 regions — making up almost 30 per cent of the 1.3 million rental stock in Ontario, Hulchanski said.

"We have a vacancy rate of about 2 per cent. Housing may not be cheap and it may be difficult for everybody to find a good, quality place. But the impact will be small," said Hulchanski. TORSTAR NEWS SERVICE

+ DETAILS

How much space would 25,000 refugees fill?

The number doesn't seem too daunting when compared to the capacity of some well-known sports and entertainment venues.

- 54,000: Rogers Centre
- 24,000: Tim Hortons Field
- 19,800: Air Canada Centre

TORSTAR NEWS SERVICE

POLITICS

Neil Young endorses Liberal government

Music icon Neil Young has declared that "Canada is back" now that a Liberal government has taken charge in Ottawa.

"I'm very happy," said the 70-year-old Canadian who has lived in California for years.

The singer-songwriter was in Vancouver on Monday to debut his high-resolution audio player and online store, under the Pono-Music brand, in Canada.

Young said he's received many emails and phone calls from Canadian friends revelling in the new government of Prime Minister Justin Trudeau.

"Obviously people are delighted with the change that has taken place. It's very positive news."

He wished the newly minted cabinet well on the same day provincial premiers were meeting in Ottawa to discuss a national strategy on climate change, an issue he has also championed.

He said he's hopeful officials will take different action than the former Conservative government, but then said corporations have more money and power than governments.

"So really, it's up to the people

to take the situation into their own hands," he said, explaining that consumers have buying power and can change the world through their habits.

"The politicians really don't have the power to change the world."

“

Obviously people are delighted with the change that has taken place. It's very positive news.

Neil Young

Young has been a long-time environmental crusader and stirred controversy last year when he used his celebrity status to amplify opposition to Alberta's oilsands. He held a cross-country tour to get Canadians

talking about First Nation treaty and environmental issues. Young later partnered with environmentalist David Suzuki and spoke out against oil pipelines.

Young reflected with optimism on Alberta's new carbon tax introduced by Premier Rachel Notley. On Sunday, Notley announced the province will also phase out coal-fired power plants and cap emissions from the oilsands.

"The carbon tax is capitalism working," Young said, heralding it as a mechanism for slowing down the release of carbon into the atmosphere. "Anything that does that is a good thing."

THE CANADIAN PRESS



Neil Young says Alberta premier Notley's carbon tax is "capitalism working." DARRYL DYCK/THE CANADIAN PRESS



Prime Minister Justin Trudeau sits with various Canadian premiers as they listen to a question being asked during an information session at the first ministers meeting at the Museum of Nature Monday. ADRIAN WYLD/THE CANADIAN PRESS

Leaders meet ahead of climate summit

ENVIRONMENT

PM, premiers talk national strategy and reputation

The advent of new leadership in Ottawa and Alberta will allow Canada to shed its international reputation as an environmental pariah, premiers asserted Monday as they arrived for their first formal meeting with a prime minister in nearly seven years.

Premiers praised Justin Trudeau's willingness to take national leadership on the climate change file at next week's United Nations climate summit in Paris.

And they applauded Alberta Premier Rachel Notley for unveiling Sunday a climate strategy that includes a hard cap on greenhouse gas emissions from the oilsands, which have been labelled "dirty oil" by international critics, including U.S. President Barack Obama, and have become a symbol of Canada's alleged environmental neglect.

British Columbia Premier Christy Clark said the international focus on the oilsands has obscured measures provinces have been taking to combat climate change, including B.C.'s carbon tax which she labelled the best in the world.

"We have had a black eye for a long time on environmental

“

Our country needs a serious effort in rebranding on this theme of climate change and energy.

Premier Philip Couillard

issues and we have not deserved it," she said.

"But now we're getting a chance to show the world really what we've been doing all these years and I think they'll be a little bit surprised."

The first minister's meeting is not expected to produce any new national target for reducing

emissions or policies for achieving it. It is aimed more at demonstrating a new tone in the run-up to the Paris summit.

Within 90 days of the summit, Trudeau has promised to hold another first ministers conference to hammer out a national climate strategy.

At that point, the prime minister will have to mediate conflicting demands from premiers over how to disperse the billions he's promised in federal funding to help provinces reduce their carbon footprint.

But the potential for a squabble over money didn't dampen premiers' enthusiasm Monday for finally having a federal partner in the fight against climate change. THE CANADIAN PRESS

CLASS CANCELLATION

University distances itself from yoga controversy



Haley Ritchie
Metro | Ottawa

A decision by the University of Ottawa's student association to cancel yoga classes because of "cultural appropriation" is sparking international debate.

The Ottawa Sun first reported on Friday that a free yoga class offered out of the Centre for Students with Disabilities at the university had been cancelled due

to cultural concerns. Romeo Ahimakin, the student association's acting president, told the newspaper the program was on hold in order "to make it better, more accessible and more inclusive to certain groups of people that feel left out in yoga-like spaces."

The story was then written about across Canadian media and later was picked up by the Daily Mail, Washington Post, People Magazine and TIME magazine.

Jennifer Scharf, who taught the class, told the Washington

Post she was unhappy with the decision to cancel the class.

"This particular class was 'intro to beginners' yoga,' because I'm very sensitive to this issue," Scharf told the newspaper. "I would never want anyone to think I was making some sort of spiritual claim other than the pure joy of being human that belongs to everyone, free of religion."

On Monday, the University of Ottawa was quick to clarify that it was not responsible for the cancelled class.

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Court questions Donohue contracts

DUFFY TRIAL

Former consultant testified via video link

Was Gerald Donohue an unqualified consultant who made roughly \$20,000 for using Google, talking to Sen. Mike Duffy on the phone and cutting cheques to subcontractors?

Or was the ailing Ottawa-area man a well-meaning, highly experienced former union and broadcasting executive who was executing legitimate Senate contracts?

Those are the two pictures emerging at Duffy's fraud, breach of trust and bribery trial, which has waited seven months to hear the details of the unusual Senate contracts with Donohue.

He suffers from failing kidneys, heart failure and diabetes and can only testify for a few hours a day, a few times a week, via video link.

This delayed his appearance several times over the course of the trial.

Six of the 31 charges against Duffy are linked to \$65,000 in Senate contracts awarded to Donohue between 2009 and 2012.

But there were a few very odd things about the contracts. For one, the money went to



This first invoice that came in was signed or initialed by Duffy instructing me to pay it.

Gerald Donohue

two companies owned by Donohue's wife — he was never an employee of the firms, nor did he ever have cheque-signing authority.

More importantly for this trial, Donohue paid out tens of thousands of dollars to ser-

vice providers who did work for Duffy — such as a makeup artist, speech writers and an intern.

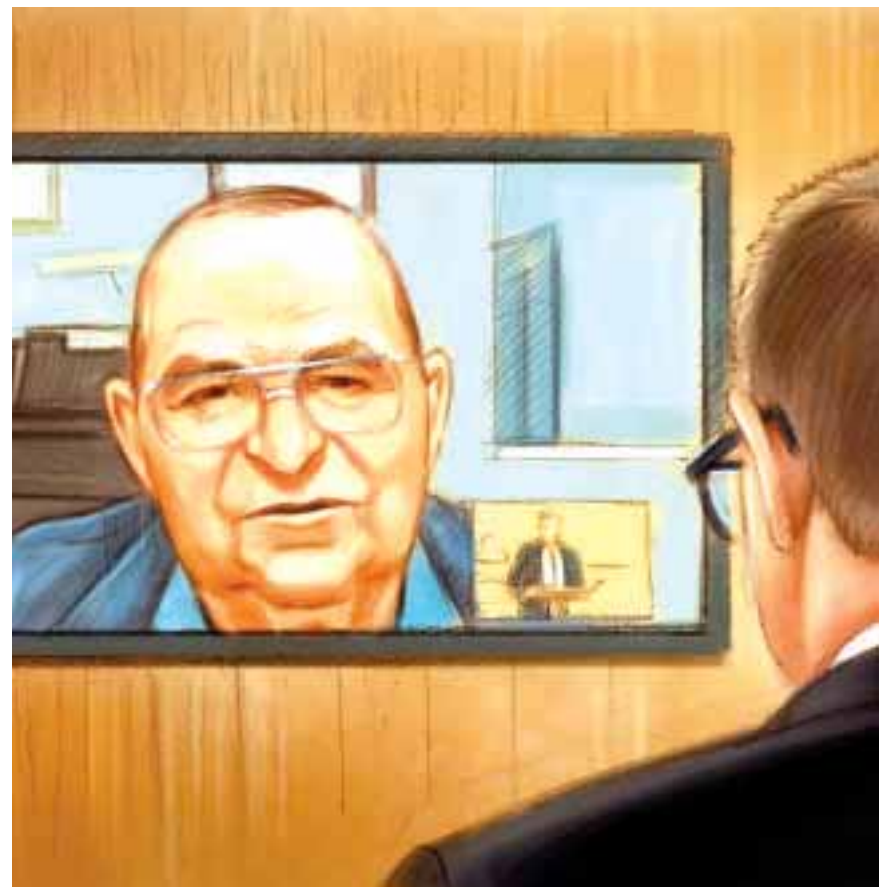
Donohue testified that his company kept between \$19,000 and \$22,000 — he wasn't exactly sure of the amount.

He said he did some research on the Internet on the aging population for Duffy and would give the senator his opinion on things like website content and the proper length of a speech. He never set foot on Parliament Hill.

Donohue sometimes had only vague recollections of why he signed cheques to others at Duffy's behest. Prosecutor Mark Holmes took Donohue through a series of payments, such as the one made to personal trainer Mike Croskery. He was paid more than \$10,000 for consulting services.

Was he familiar with Croskery?

"Never met the man, wouldn't know him if I fell over him," Donohue responded. THE CANADIAN PRESS



Prosecutor Mark Holmes (right) looks on as **Gerald Donohue testifies via video** in an artist's sketch at the Mike Duffy trial in Ottawa, Monday. GREG BANNING/THE CANADIAN PRESS

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COURT

Lobbyist gets house arrest, fine

A prominent Ottawa lobbyist and federal Liberal party strategist has been sentenced to house arrest and fined \$396,259 for tax evasion, the Canada Revenue Agency says.

Herb Metcalfe was given a conditional sentence of two years less a day, including 12 months house arrest, plus the fine, which equalled the taxes evaded.

Metcalfe is a co-founder of Capital Hill Group, a well-known lobbying firm. The firm said he has left the company.

"Herb is no longer involved with the Capital Hill Group or its operations," account manager Joanna Carey said in an email. "We continue to move ahead with business as usual."

Metcalfe pleaded guilty in the Ontario Court of Justice to a single count of tax evasion after a

revenue agency investigation.

The court was told that Metcalfe received payments and benefits from 2002 to 2006 totaling \$1,366,411 that he did not report on his personal income tax returns.

The revenue agency said Metcalfe prepared his returns each year by hand, and knew — or was wilfully blind to the fact — that the income he received was required to be reported on his returns and was taxable.

"The Canada Revenue Agency pursues tax evaders to maintain public confidence in the integrity of the tax system," Vince Pranjivan, assistant commissioner of the Ontario region said in a news release. "Canadians have to trust that our self-assessment system is working and that it is fair."

THE CANADIAN PRESS

HERB METCALFE

Metcalfe has long been a senior Liberal strategist and adviser and was prominent in the party's inner circle.

He worked on Stephane Dion's successful leadership campaign in 2006. Earlier he was campaign chair for Liberal John Manley.

Metcalfe was also a senior adviser to Dion leading up to the disastrous 2008 federal election, which saw the Liberals reduced to third-party status.

In the 1970s and 1980s, he worked in the offices of several Liberal cabinet ministers before turning to lobbying.

ELECTION

NWT residents heading to the polls

Voters in the Northwest Territories head to the polls today for a general election.

Low commodity prices and unsettled land claims have hurt the resource-driven economy, while demands have been rising for social and infrastructure spending.

The NWT and Nunavut Chamber of Mines have also expressed serious concerns about access to land, saying that 30 per cent of the territory is already closed to exploration.

Under the territory's consensus form of government, candidates run individually instead

of under a party banner.

The 19 successful candidates meet shortly after the election to choose a premier and cabinet.

The remaining members then hold the executive to account, functioning as a kind of opposition. THE CANADIAN PRESS

LOCKDOWN

Web users get frisky with Belgian police

What police force would start playing along with a practical joke when the capital is facing its highest state of alert and its most-wanted fugitive is still on the run? Right! This is surreal Belgium.

Late Sunday, police asked people to stop commenting on ongoing raids in social media to avoid tipping off suspects.

En masse, they did more than that, becoming mischievous within minutes.

The hashtag #BrusselsLockdown suddenly shifted from serious to humorous, tweeting a flood of pictures of all-too-in-

nocent cats in all kinds of situations — holding their paws up as if captured, posing as police snipers with automatic weapons, and ignoring police warnings to stay away from windows.

Within hours, federal prosecutor Eric Van Der Syp said police wanted to thank “social media users because they took the need of this operation into account.”

Police joined the party on Monday, posting a picture of a dish overflowing with dry cat food labelled “For the cats that came to our aid last evening. Serve yourself! #BrusselsLockdown.” THE ASSOCIATED PRESS



Belgian police posted a bowl of cat food to their Twitter account. AFP/GETTY IMAGES

IN BRIEF

U.S. attacks 283 ISIL oil trucks over weekend

Accelerating its attacks on one of the Islamic State of Iraq and the Levant's most important sources of income, the U.S. military said Monday it destroyed 283 tanker trucks used by the militants to transport oil from producing fields in eastern Syria to smuggling points.

The attack by four A-10 attack planes and two AC-130 gunships was carried out Saturday at a site near Deir el-Zour and al-Hasakah but not reported until Monday.

THE ASSOCIATED PRESS

Putin visits Iran to discuss international peace plan

Russia's President Vladimir Putin visited Tehran for talks with Iranian leaders that focused on the Syrian crisis and an international peace plan. THE ASSOCIATED PRESS

Clarification regarding female-bombers story

The file photo of students in Tehran published with a story about female suicide bombers in Metro's weekend edition was taken in 2006. The published caption contained incomplete information.

Street cleaner finds bomb vest in rubble

Paris

Device likely defective, not tossed out of doubt: Expert

A street cleaner found an explosive vest similar to those used in the Paris attacks on Monday near the place where a suspect's mobile phone had been found, raising the possibility that he aborted his mission, either ditching a malfunctioning vest — or fleeing in fear.

The discovery of the vest came as Belgium's prime minister cited a “serious and imminent” threat justifying keeping the highest alert level operational for at least another week. The security measures, already in place for three days, have severely disrupted normal life in the capital.

In France, police said the explosive vest was found — without a detonator — in a pile of rubble in Chatillon-Montrouge, on the southern edge of Paris and a considerable distance from the sites of the attacks on the Right Bank of the Seine to the north. A police official later said the vest contained bolts and the same type of explosives as those used in the Nov. 13 Paris attacks that claimed 130 lives and left hundreds wounded.

The device was found Monday in the same area where a cellphone belonging to fugitive suspect Salah Abdeslam was located on the day of the Paris attacks, but the vest has not been formally linked to him, said two police officials who spoke on condition of anonymity.



French soldiers patrol on Monday in front of the Eiffel Tower, lit in the colours of the nation's flag in tribute to the victims of the Nov. 13 attacks on the capital. LUDOVIC MARIN/AFP/GETTY IMAGES

Belgium-based terrorism expert Claude Moniquet, who has been in contact with both Belgian and French investigators since the attacks, laid out two possibilities: that Abdeslam became afraid of carrying out a suicide mission or, more likely he says, that he simply ditched a defective explosive vest.

Nervousness could have played a role in concocting a defective vest, but he said he doubted fear played a role. Among followers of the Islamic State of Iraq and the Levant (ISIL), “it is rare not to go to the end.”

Moniquet said this was only theory since he had not yet spoken to investigators about the explosive vest.

A manhunt is underway for Abdeslam, whose brother

“We want to return to a normal way of life as quickly as possible.”

Belgian Prime Minister Charles Michel

Brahim was among attackers who blew themselves up. He crossed the border into Belgium after the attacks, with French police stopping and interviewing him, before letting him go.

Belgian Prime Minister Charles Michel said Brussels, which houses the headquarters of the European Union and NATO, faced a “serious and imminent” threat that requires

keeping the city at the highest alert level, while the rest of the country would stay at the second-highest level. Belgium's crisis centre said the alert level would only change if a significant breakthrough warranted it.

The increased security measures in the wake of the massacre in Paris have virtually shut down the Belgian capital, with the subway system, many shops and schools remaining shut on Monday. Michel said that despite the continued high-alert level, schools would reopen Wednesday, with parts of the subway system beginning to operate.

“We are very alert and call for caution,” Michel said. “The potential targets remain the same: shopping centres and shopping streets and public transport.”

THE ASSOCIATED PRESS

TERROR THREAT

United States issues travel alert

Americans should be alert to possible travel risks, especially during the holidays, following increased terrorist threats around the world, the State Department warned on Monday.

A travel alert, which is to be in effect until Feb. 24, said current information suggests that militants with the Islamic State of Iraq and the Levant (ISIL), al-Qaida, Boko Haram and other terrorist groups continue to plan attacks in multiple regions.

U.S. authorities said the likelihood of terror attacks will continue as members of ISIL return

from Syria and Iraq, and other individuals not affiliated with terror groups engage in violence on their own.

Extremists have targeted sporting events, theatres, open markets and aviation targets. In the past year, there have been multiple attacks in France, Nigeria, Denmark, Lebanon, Turkey and Mali. ISIL has claimed responsibility for the Oct. 31 bombing of a Russian airliner in Egypt, killing 224 people.

“U.S. citizens should exercise vigilance when in public places or using transportation,” the

+ INTELLIGENCE

The State Department said the U.S. is exchanging information with allies about threats of international terrorism.

alert said. “Be aware of immediate surroundings and avoid large crowds or crowded places. Exercise particular caution during the holiday season and at holiday festivals or events.”

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Children stand behind a police barricade outside the Radisson Blu hotel in Bamako, Mali, Saturday, following a killing spree at the hotel Friday. THE ASSOCIATED PRESS

Mourning begins

MALI Two terrorist groups claim responsibility

Mali began a three-day mourning period with flags flying at half-staff on Monday for victims of the assault on a luxury hotel full of foreigners, a day after a dueling claim of responsibility emerged.

The Islamic extremist group, Al-Mourabitoun, that first claimed responsibility for Friday's assault issued a new audio recording identifying the two gunmen, according to a Mauritanian news site that often receives messages from Malian extremists.

The group said the two were the only assailants in the attack that killed 19 people. Initial reports from witnesses and officials suggested there could have been as many as 10 gunmen. The bodies of only two gunmen

were recovered from the scene.

The recording from the Al-Mourabitoun (Sentinels) group identified the gunmen as Abdel Hakim Al-Ansari and Moadh Al-Ansari. Al-Akhbar said in an article posted online Sunday. No nationalities were given, though the name "Al-Ansari" suggests they were both Malian.

Meanwhile, a different extremist group that emerged only this year also issued a claim of responsibility for the attack. The claim, reported Sunday by French media, underscores the shifting alliances and memberships of the extremist groups operating in Mali and nearby countries.

The new group, the Macina Liberation Front, is active in central Mali and said it had worked with yet another militant group, Ansar Dine. The claim said the attack was

in retaliation for Operation Barkhane, the regional French fight against Islamic extremists, according to Radio France Internationale.

France's Defence Ministry on Monday provided new details of French support during the siege, describing in a statement how 40 French special forces arrived in Bamako at 3 p.m. and helped Malian forces move floor by floor.

On Monday morning, the national flag outside Prime Minister Modibo Keita's office was lowered to half-staff.

"We are aware that the country is in crisis and we must stand with the victims' families," said Makan Kone, a spokesman for Keita, adding that the ceremony was "to show our pain for the death of 19 people." THE ASSOCIATED PRESS

“We must stand with the victims' families.”
Makan Kone

BOKO HARAM

Female suicide bombers stopped at checkpoints

Female suicide bombers killed 12 people over the weekend in Nigeria and Cameroon, officials said Monday of the attackers who were stopped for routine searches. All five bombers also died, but they could have killed many more people.

Police who blamed Boko Haram said one girl detonated explosives strapped to her body Sunday evening at a military checkpoint guarding an entry to Nigeria's northeastern city of Maiduguri.

Police commissioner Aderemi Opadokun said the girl killed herself and seven other passengers who got off a bus to be searched. A dozen people were injured.

It was the first bomb in nearly a month in Maiduguri, the birthplace of Nigeria's homegrown Islamic extremists whose six-year-old insurgency has killed about 20,000 people and driven 2.3 million people from their homes. Soldiers at all entries to Mai-

duguri make people get out of vehicles about 500 metres from their checkpoints and advance with hands raised above their heads.

In Cameroon, Communications Minister Issa Tchiroma Bakari said four teenage suicide bombers crossed into the country from Nigeria on Saturday and were approached by self-defence civilian fighters in the border town of Fotokol.

"When a member of a local vigilante committee made to stop them, one blew herself up, killing five members of a family," he said. "On hearing the explosion, soldiers fired into the air to frighten (any

attackers). The three others panicked and detonated explosives tied round their bodies, but they only killed themselves."

The routine searches and checkpoints in place are believed to have prevented the suicide bombers from killing even more people. THE ASSOCIATED PRESS

Searches

Bombers have detonated explosives when stopped for searches that have become routine in parts of Nigeria and Cameroon where suicide bombings have become near-weekly tragedies.

UNITED STATES

Lawyers launch \$15M suit for boy arrested for clock

Attorneys for the 14-year-old Muslim boy arrested after taking a homemade clock to his Texas school say he was publicly mistreated and deserves \$15 million.

A law firm representing Ahmed Mohamed sent letters Monday demanding \$10 million from the city of Irving and \$5 million from the Irving Independent School District.

The letters also threaten lawsuits and seek written apologies.

Ahmed took his clock to school in September, and an educator thought it could be a bomb. Ahmed was arrested but never charged. He was also suspended from school.

The family accepted a foundation's offer to pay for Ahmed's education in Qatar and has since moved to the Persian Gulf country.

Messages left for Irving's city attorney and the district weren't immediately returned Monday. THE ASSOCIATED PRESS

LIBERIA

U.S. scientists to probe new Ebola outbreak

Two experts from the U.S. Centers for Disease Control and Prevention are going to Liberia to determine the cause of new Ebola cases confirmed last week, two months after the country was declared free of Ebola transmission for a second time, a Liberian health official said Monday.

Liberia requested U.S. assistance after three new cases were reported on Friday, said Dr. Francis Kateh, the country's chief medical officer and acting head of Liberia's Ebola Case Management System. One case is a 15-year-old boy from Monrovia, who officials initially said was 10 but now say is 15. The boy's father and brother also have tested positive and have been taken to the same treatment centre along with his mother and two siblings.

More than 150 people have been identified as potentially at risk of contracting the disease in connection with the new cluster of cases.

THE ASSOCIATED PRESS



Ahmed Mohamed

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Excavators dig dump soil to search for bodies of miners as workers and rescue members gather Sunday in Hpakant, Myanmar. ELEVEN MEDIA GROUP/THE ASSOCIATED PRESS

Outrage over landslide toll

MYANMAR

Mine tragedy turns focus on jade industry after 113 killed

Soldiers, police and volunteers pulled body after body from the rubble Monday, as the death toll from a landslide near several jade mines in northern Myanmar reached at least 113, a local official said. More than 100 others were missing.

The collapse early Saturday in Kachin state's mining community of Hpakant was the worst-such disaster in recent memory.

The corpses were taken to a morgue, where friends and relatives broke down as they identified the victims. Some were buried at a cemetery and others were cremated. But there were stacks of unidentified bodies wrapped in blue plastic tarps.

Kachin is home to some of the world's highest-quality jade, and the industry generated an estimated \$31 billion last year, with most of the wealth going to individuals and companies that are known to be tied to Myanmar's former military rulers, according to

Global Witness, a group that investigates misuse of resource revenues.

Hpakant, 950 kilometres northeast of Myanmar's biggest city, Yangon, is the industry's epicenter. But it remains desperately poor, with bumpy dirt roads, constant electricity blackouts and sky-high heroin addiction rates.

The accident occurred at a 60-metre-high mountain of earth and waste discarded by several mines.

Earlier, officials said the dead were mostly men who were picking through the waste and tailings in search of pieces of jade to sell. But officials said Monday the accident occurred at about 3 a.m., burying more than 70 makeshift huts where the miners slept.

"It's not ending. It's still ongoing. Local people in town are getting angry because there are just too many bodies," said Nilar Myint, a township administrator.

After Myanmar's former military rulers handed over

power to a nominally civilian government five years ago, resulting in the lifting of many Western-imposed sanctions, the already rapid pace of mining turned frenetic.

No scrap of ground, no part of daily life in Hpakant has been left untouched by the fleets of giant yellow trucks and backhoes that have sliced apart mountains and denuded once-plush landscape.

In the last year, dozens of small-scale miners have been maimed or killed picking through tailing dumps.

"Large companies, many of them owned by families of former generals, army companies, cronies and drug lords, are making tens or hundreds of millions of dollars a year through their plunder of Hpakant," said Mike Davis of Global Witness.

"Their legacy to local people is a dystopian wasteland in which scores of people at a time are buried alive in landslides," he said.

THE ASSOCIATED PRESS



It's not ending. It's still ongoing. Local people in town are getting angry because there are just too many bodies.

Nilar Myint

U.S.

Playground shootout leaves New Orleans police puzzled

Authorities are still trying to determine what touched off a shootout between two groups of gunmen that wounded 17 people in a crowded New Orleans park, a police spokesman said Monday.

The mayor called on witnesses to come forward, but by late Monday morning nobody had offered either video of the shootout or descriptions or IDs of the gunmen, officer Frank Robertson said. None of the injuries are believed to be life-threatening. Robertson did not know how many people were hospitalized or any details such as their ages.

Hundreds of people were gathered Sunday evening at Bunny Friend Playground — most for a block party and some for the filming of a music video — when two groups in the crowd opened fire on each other, police said.

Police were on their way to break up a big crowd there when gunfire erupted at the park in the city's 9th Ward, the police said in a statement.

Mayor Mitch Landrieu called on people who were in the park to come forward with information. "At the end of the day, it's really hard to police against a bunch of guys who decide to pull out guns and settle their disputes with 300 people in



Officials remove a man following the shooting in New Orleans' 9th Ward Sunday. MICHAEL DEMOCKER/THE ASSOCIATED PRESS

10

Number of people taken to hospital in ambulances following the incident.

between them. That's just not something you can tolerate in the city," Landrieu said.

"It's going to require the people who were in this park to basically say they've had enough and they're not going to put themselves in harm's way and give us information so that the police can do their job," the mayor said.

Ten people were taken to hospital in ambulances, and others went in private vehicles,

police said. Photos of the scene showed emergency workers wheeling some of the wounded on gurneys while others lay on the ground.

Large stadium lights lit up the park Sunday as police continued to analyze the crime scene. Witnesses told police the gunmen ran off after the shooting was over.

As many as 500 people could have been in the park when the shooting happened, Police Chief Michael Harrison said.

Police spokesman Tyler Gamble said Sunday that neither the block party nor the music video crew had a permit to use the playground.

Harrison told WDSU-TV that the shooting might have been gang-related. THE ASSOCIATED PRESS

BURUNDI

Obama imposes sanctions on ringleaders of violence

U.S. President Barack Obama is imposing sanctions against individuals in Burundi the U.S. says are contributing to violence in the African nation.

Among those targeted by the asset freeze and visa restrictions are Burundi's minister of public security

and a leader of the country's national police.

Burundi has been racked by violence since April when President Pierre Nkurunziza announced he would seek a third term, sparking street clashes and a failed coup. According to the UN, at least 240 people have been killed.

THE ASSOCIATED PRESS

Kidnappers hunted after convictions in Philippines

Philippine police said Monday they were pressing on with a manhunt for about 30 kidnapping suspects after three Muslim militants were convicted of the 2011 abductions of an American woman, her teenage son and a Filipino relative.

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A police officer stands guard at the Yasukuni shrine in Tokyo, Monday after an explosion in a toilet at the contentious memorial site. KOJI SASAHARA/THE ASSOCIATED PRESS

Blast at disputed Tokyo war shrine

JAPAN

Memorial has been focus for Chinese and Korean critics

An explosion Monday damaged a public restroom at a controversial shrine in Tokyo that honours Japanese war dead, with police suspecting foul play. No one was injured.

The Yasukuni shrine, which honours 2.5 million Japanese war dead, including executed war criminals, has been the target of criticism from China and South Korea, which suffered from Japan's Second World War atrocities and aggression.

Tokyo police said in a statement that they received a call about an explosion and smoke at Yasukuni. They said they suspected a "guerrilla" attack, implying some kind of subversive activity, but declined to elaborate.

Firefighters were also called to the scene and found the ceiling and walls of the restroom had been damaged, said an official at the Tokyo Fire Department, who spoke on condition of anonymity. But the fire was out by the time they arrived.

It was unclear what caused the explosion, but a timing device and wirings were found near the spot of the explosion, according to Kyodo News service. Police will be reviewing footage on security cameras for clues.

Footage showed a bomb squad in protective gear entering the shrine premises.

The person in charge of media at Yasukuni was not immediately available for comment.

The shrine is a focal point for lingering tensions with Japan's neighbours over the country's aggression before

and during Second World War. Some Japanese lawmakers have insisted on making official visits in the name of patriotism, while other lawmakers say such visits glorify Japan's historical mistakes.

Emperor Akihito has not visited Yasukuni.

Prime Minister Shinzo Abe has also avoided making official visits over the last two years. While views on the shrine have divided the Japanese public, it holds emotional significance for some because during the war, soldiers promised each other they would reunite at Yasukuni if they died.

The shrine has a grandiose gate, giant cherry trees and a museum that pays homage to those who died in Japan's wars, including kamikaze pilots.

Many families and tourists visit Yasukuni.

THE ASSOCIATED PRESS

2.5M

Number of Japanese war dead honoured at the Yasukuni shrine in Tokyo, including war criminals

CRIME

Pub planning led to \$21M London jewel heist

A daring Easter weekend break-in to a vault in London's Hatton Garden diamond district netted gold, platinum, jewelry and cash valued at roughly \$21 million, a prosecutor said Monday.

Philip Evans said the complex caper — hatched at a series of Friday night pub sessions — was the "largest burglary in English legal history."

The goods were taken from safe-deposit boxes inside the basement vault over the holiday weekend.

Evans said the gang used sophisticated methods and meticulous planning to drill into the vault.

Four men said to be ringleaders have already pleaded guilty to conspiracy to commit burglary. Four others are on trial at Woolwich Crown Court accused of involvement in the theft.

"These four ringleaders and organizers of this conspiracy, brought with them a great deal of experience in planning and executing sophisticated and serious acquisitive crime," Evans said of the four who pleaded guilty.

THE ASSOCIATED PRESS

BAHRAIN

Officials' torture of prisoners ongoing

Bahrain's security forces have tortured detainees held in the years following the island nation's 2011 protests despite a government promise to stop such abuses, according to a new report released Monday.

The Human Rights Watch report on Bahrain, home to the U.S. Navy's 5th Fleet, corresponds with accounts of abuse provided by Amnesty International and local activists. It comes as Bahrain, which has seen years of low-level unrest,

has announced the seizure of explosives and weapons it links to Iran, while stripping convicts of their citizenship.

The Human Rights Watch report is based on testimony offered by 14 people, who described being physically assaulted while in custody. Several quoted in the report said they suffered electric shocks and sexual abuse, while others described being hung in painful positions or exposed to extreme cold. THE ASSOCIATED PRESS

NEPAL

Protests mount after triple killing

Protesters on Monday defied a curfew and demonstrated in a town in southern Nepal where at least three people were killed in weekend protests, officials said.

Clashes between police and the Madhesi protesters broke out in parts of Siraha district on Monday, but no major violence was reported, police official Bhim Dhakal said.

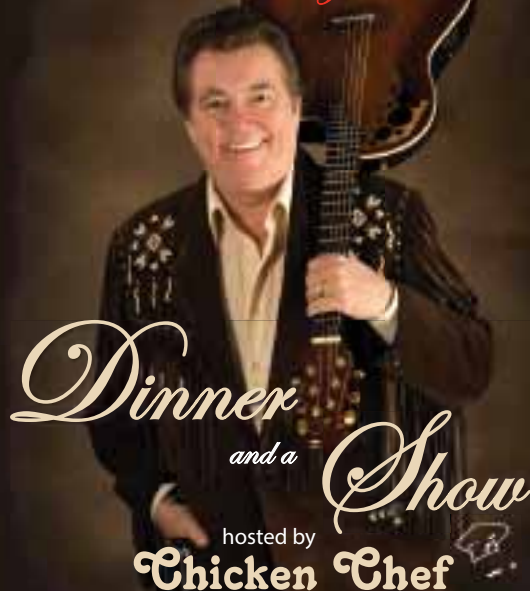
Police had fired on protesters in the district over the weekend, killing two on Saturday night

and one on Sunday.

Ethnic Madhesi have been protesting against Nepal's new constitution, saying it unfairly divides the Himalayan country into seven states with borders that cut through their ancestral homeland. The Madhesi also want the states to be larger and to be given more autonomy over local matters.

Dozens of people have been killed in the protests since August. THE ASSOCIATED PRESS

Christmas with Ray St. Germain



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Chicken Chef

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featuring: **Ray St. Germain**

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1st show: Doors open at 4:30 pm, show at 5:00 pm

2nd show: doors open at 7:00 pm, show at 7:30 pm

Tickets: \$30

Nestle admits its workers are abused

SEAFOOD SUPPLIERS

Company vows to pursue solutions aggressively

Impoverished migrant workers in Thailand are sold or lured by false promises and forced to catch and process fish that ends up in global food giant Nestle SA's supply chains.

The unusual disclosure comes from Geneva-based Nestle SA itself, which in an act of self-policing planned to announce the conclusions of its year-long internal investigation on Monday.

The study found virtually all U.S. and European companies buying seafood from Thailand are exposed to the same risks of abuse in their supply chains.

Nestle SA, among the biggest food companies in the world, launched the investigation in



Nestle is not a major purchaser of seafood in Southeast Asia but does some business in Thailand, primarily for its Purina brand Fancy Feast cat food. JOHN RAOUX/THE ASSOCIATED PRESS

December 2014, after reports from news outlets and non-government organizations tied brutal and largely unregulated working conditions to their shrimp, prawns and Purina brand pet foods.

The labourers come from

Thailand's poorer neighbours Myanmar and Cambodia. Brokers illegally charge them fees to get jobs, trapping them into working on fishing vessels and at ports, mills and seafood farms in Thailand to pay back more money than

they can ever earn.

"Sometimes, the net is too heavy and workers get pulled into the water and just disappear. When someone dies, he gets thrown into the water," one Burmese worker told the non-profit organization Verite commissioned by Nestle.

"I have been working on this boat for 10 years. I have no savings. I am barely surviving," said another.

Nestle said it would post the reports online — as well as a detailed year-long solution strategy throughout 2016 — as part of ongoing efforts to protect workers. It has promised to impose new requirements on all potential suppliers and train boat owners and captains about human rights, possibly with a demonstration vessel and rewards for altering their practices. It also plans to bring in outside auditors and assign a high-level Nestle manager to make sure change is underway.

THE ASSOCIATED PRESS

TAXATION

Pfizer and Allergan deal sparks outcry

A \$160-billion deal announced Monday to merge Pfizer and Allergan and create the world's biggest drug company renewed the outcry in Washington over "inversions," in which U.S. corporations combine with companies overseas to lower their tax bill.

The combination — the second-largest merger in history — could have ramifications around the globe, pushing up drug prices and spurring more such deals in the fast-consolidating health-care sector and other fields.

It is also increasing the election-year backlash from U.S. politicians who have been blasting drugmakers recently over medicine prices that can exceed \$100,000 a year.

In what would be the biggest inversion ever, New York-based Pfizer could save hundreds of millions in U.S. taxes annually because it would move its tax headquarters to Ireland, where Allergan is based. That would enable Pfizer to slash its tax rate from around 25 per cent this year to about 18 per cent.

THE ASSOCIATED PRESS

AUTO

Ford recalls midsize cars

Ford is recalling nearly 452,000 midsize cars in the U.S., Canada and Mexico because the gas tanks potentially can leak fuel.

The recall covers certain 2010 to 2011 Ford Fusion and Mercury Milan sedans built in Mexico from July 21, 2008, through March 4, 2011.

THE ASSOCIATED PRESS

market minute

	DOLLAR
	74.78¢ (-0.15¢)
	TSX
	13,382.38 (-51.11)
	OIL
	\$41.75 US (-0.15¢)
	GOLD
	\$1,066.80 US (-\$9.50)

NATURAL GAS: \$2.343 US (+5.2¢)
DOW JONES: 17,792.68 (-31.13)

BUNCHEMS

Parents rail against toy that gets tangled in their kids' hair



Bunchems, a nominee for activity toy of the year in the 2016 Toy of the Year Awards. WWW.TARGET.COM

They're a popular toy for kids, but some parents are seeing red over Bunchems, a toy many say is getting tangled in their children's hair.

Bunchems are colourful balls that can be stuck together to build pets, bugs and other creations.

"A Toy Spawned From the Darkest Depths of Hell" is how one father described the toy in a scathing Amazon review, after he said he spent two hours trying to remove them from his daughter's hair.

"Buy this toy for someone if you hate them or their child," Ethan Benoit wrote on Sept. 6. "They bring pain and misery, tears, fighting, broken and ripped hair, and questions of one's sanity in handling life in general."

Arlene Biran, vice-president of marketing at Spin Master, the company behind Bunchems, said Bunchems are only intended to be linked to other Bunchems.

"The Bunchems packaging and directions clearly state:

'Caution: Keep away from hair. May become entangled.' We recently changed the colour of the warning to make it even more identifiable when opening the packaging."

Bunchems are recommended for children aged 4 to 9.

After hearing about the hair tangles, Spin Master released a video on YouTube at youtu.be/S41FjlpPJTo on how to remove them from hair. The company's instructional video says vegetable oil and conditioner are

your best bets to get them out.

But the company's suggested fix hasn't worked for everyone.

"This didn't work and had to cut a client's beautiful hair. Bad product!!" one YouTube user commented on the video.

"Conditioner and oil only made it worse," another said.

Not everyone is blaming the company for the problem, though.

"Are you that inattentive of a parent that 5+ of these balls are getting stuck in your kid's hair? Is this really the

manufacturer's fault? No, it's a parenting fail," L. wrote in an Amazon review.

"There's plenty of warning about Bunchems and hair. We've had them for two months now and that's never been an issue, even when we've had play dates it wasn't an issue. Overall, I hate to see them getting a bad rap because they really are fun, not messy, encourage creativity and keep my child engaged," another parent wrote.

TORSTAR NEWS SERVICE

RETAIL

Amazon fuels delivery rivalry

Everyone likes the idea of same-day delivery. But who wants to pay for it?

That's the problem merchants face as the busy holiday shopping season approaches. They want to offer customers the near-instant gratification that usually only comes with shopping in stores or via apps like Uber and Seamless. But the logistics and costs of same-day delivery — the fuel, labour, and other costs — has been a difficult challenge to surmount.

This year, Amazon has been making an aggressive push

to offer same-day delivery to people who've paid its \$99 fee for Prime loyalty club membership. That service is now available in 23 metro areas in the U.S. And where Amazon goes, other retailers must follow.

"Over the past 18 to 24 months Amazon has been pushing the bar" for fast and cheap delivery, said Daphne Carmeli, CEO of Deliv, a startup that works with retailers to provide same-day delivery. "If you're in retail, you have to step up to the new bar."

Amazon, of course, doesn't

have to pay for the cost of store upkeep, not counting its new bookstore in Seattle. And it makes money from other non-retail areas, such as its cloud computing arm, so it can afford to offer delivery services others can't.

"Retailers trying to compete with Amazon on the road Amazon created will always be at a disadvantage," said shipping industry expert Satish Jindel. "There's only so long they can absorb the cost, it's a huge challenge for retailers."

THE ASSOCIATED PRESS

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EMMA TEITEL: ON THE PARIS CLIMATE TALKS

Whether our government changes its policies in any meaningful way regarding the oilsands or any other environmental issue, how much does policy matter in combatting climate change if people, by and large, do not give a damn?

On Monday, Trudeau met with Canadian premiers to discuss a problem most people (myself included) either ignore completely or lament for 30 seconds before changing the subject to more current, pressing matters.

That problem is climate change, the alleged End of Days brought to you by selfish, insatiable mankind. Trudeau will attend the climate change conference in Paris next week, but before he sets off, he'd like to showcase Canada's newfound environmental fervour to the wider world.

Of course not much has changed in the short time the PM has been in office; for now the Liberal government will pursue the same emission reduction targets proposed by the Conservatives under Stephen Harper. However, Trudeau has promised another climate change meeting with premiers 90 days after the Paris talks, at which more robust goals may be set. After all, Trudeau renamed the Ministry of the Environment and Climate Change, which many maintain was a deliberate and powerful attempt at battling climate change denial.

Minister Catherine McKenna wants incentives — and disincentives — for climate change plans. And yet, whether next week's Paris talks and subsequent meetings with premiers are

fruitful — whether in fact, our government changes its policies in any meaningful way regarding the oilsands or any other issue pertaining to the environment — one has to ask: How much does policy matter in combatting climate change, if people by and large do not give a damn about it?



NOT SCARY We need a bit more fear-mongering about climate change, or ambitious targets to cut emissions will lapse as badly as people with grand plans to use a green bin, Emma Teitel writes. TORSTAR NEWS SERVICE

Unless you are a self-avowed environmentalist, chances are you do not think at length about melting ice caps and sinking cities worlds away. This doesn't mean you don't think these things are important; it means, much worse, that they don't scare you.

In fact, just over half of Canadians believe climate change is man-made — which is to say just over half believe we can do something to curtail it. And there's a big difference between declaring belief in a problem and changing your lifestyle or voting habits to curb that problem.

It's interesting that despite 32 years in politics and a charismatic high-profile leader, the Green Party has not inspired significant interest from the general public. Before the federal election, the National Post

editorial board argued that the Greens' inability to "catch fire" may lie more in public doubts about their policies or fitness to govern than any unfairness in the system." (Party leader Elizabeth May argues the Greens are routinely shafted by the country's electoral process).

There may be some truth to this theory, but isn't it far more likely that Canadians do not pay much attention to the Greens or the governing party's climate change plans because we perceive climate change as a far, faraway problem, scary only if you are in possession of impeccable foresight? It could be argued that the Green Party is a lot like the green bin: You know should give it a try, but you never get around to it.

The exceedingly lame climate-change joke — "Where is global warming when you need it?" — is all the rage on a sub-zero winter's day in Canada. And though it is just a joke told by many well-informed Canadians who would never question the veracity of climate change, there is a kernel of heartfelt resignation at its core. When your knuckles



are dryer than the Sahara because it is freaking freezing outside and you've got a hundred and one things to do before dinner, you will not prioritize a global problem with no definitive solution that will affect you either in old age, or (better yet) in the grave. This isn't human avarice; it is human nature.

Which is why I'd wager that the only way world leaders and activists can change human perception of climate change, in addition to public policy, is through a healthy dose of fear-mongering. In fact, political fear-mongering, a tactic used in this country to prejudice us against a small minority of niqab-clad women, is actually prudent in the fight against climate change, a material threat that, unlike the others mentioned, will wreak havoc in our land.

Yet public rhetoric and activism around the issue seems to always appeal to the alleged nature lovers in us. Save the polar bears; preserve Canada's beauty; reduce, reuse, recycle. Some advice for Trudeau's new Ministry of the Environment and Climate Change? Alter your tone: less Inconvenient Truth, more Day After Tomorrow; less "Kumbaya," more FernGully: The Last Rainforest.

Scare us and scare us good, because if people can't find time to care about the fate of Mother Nature, they will always find time to care about their own.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

YOUR RIDE

Get a grip: There's no substitute for proper winter tires

YOUR RIDE

Colin Fast



For people who spend half their lives dealing with snow and ice, the ability of Winnipeggers to completely forget how to drive in winter never ceases to amaze me.

Last week's first snowfall of the season provided a perfect demonstration. There were the Scaredy Cats crawling along slower than a 16-year-old doing a driving test, and right next to them were the Big Wheels in their trucks and SUVs zipping around like it was the middle of July.

Neither group is safe, and when you mix them together, it's a recipe for disaster. But fortunately, there's a way to improve winter driving for everyone in Manitoba that doesn't require reinventing the wheel. We just have to get more people to change tires.

Yes, the modest, unsexy but effective winter tire offers the promise of bridging the gap between those too scared to speed up in winter and those too stupid to slow down.

I can already hear the complaints from the Big Wheels, who think they don't need winter tires because they have all-wheel drive. But your truck isn't much better than a Smart car when it comes to dealing with routine winter driving conditions in the city.

All-wheel drive doesn't help you negotiate corners, or to stop more quickly. In fact,

the heavier weight of most all-wheel drive vehicles means that momentum will carry you further on icy roads than a smaller car. If you'd like to dispute that, take it up with Isaac Newton.

Meanwhile, the Scaredy Cats will claim they're perfectly safe driving on their all-season tires. But "all-season" might as well be "no-season," as they simply offer sub-par performance in all conditions.

Unfortunately, common sense doesn't seem to be enough to get people to make the switch to winter tires, so governments are exploring policy alternatives instead.

Manitoba introduced a low-interest financing program for winter tires last year, and 30,000 vehicle owners took advantage. That's just a start.

One option might be to copy Ontario, which requires insurers to reduce drivers' premiums if they install winter tires. While the discount is small, tire dealers are already reporting a surge in sales.

If the province really wanted to show it's serious about road safety, it should follow Quebec in making winter tires mandatory. That might sound drastic, but after a century of lousy winter driving, isn't it time we get a grip on this problem?

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

Some advice for Trudeau's new Ministry of the Environment and Climate Change: Less Inconvenient Truth, more Day After Tomorrow.

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Strategize your holiday eating

HEALTH

Fight excess through moderation, mindfulness

Devon Scoble
For Metro

It's January 1st and you're hung-over, bloated, and one cookie away from total self-loathing; you'd be lost if not for those resolutions you're definitely starting tomorrow.

If that sounds familiar, then "why not fix it before you break it?" and start your New Year's resolutions today, asks The UnDiet Cookbook author Meghan Telpner.

"It might not be 100 per cent, but you're exploring your options so that when the holidays come you already have a sense of moderation."

Home is where the heart and hips are healthiest

A November 2014 study published in Public Health Nutrition found that people who frequently cook at home "consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all."

While you're at it, Telpner suggests batch-cooking healthy soups, stews and sauces.

Stock your freezer so you can alternate future festive fare with wholesome home cooking.

Flavours worth savouring

Multiple studies show that mind-



Thinking about New Year's eating resolutions? Why not start early and approach the holidays with more moderation? ISTOCK

ful eating — paying attention to the experience of dining — helps reduce caloric intake.

"If we help ourselves to a delicious sweet, we should really appreciate its colour, its shape, and the time and energy that went into making it," says nat-

uropathic doctor Leslie Solomonian. Follow this approach and you'll not only eat less — you'll enjoy more.

Healthful holiday mind games

Many of us of alleviate stress by

consuming, says Solomonian, especially around the holidays.

Each time you reach for a treat, she suggests asking yourself "what is it that I'm thinking or feeling now? Am I genuinely hungry or am I feeling bored? Or angry? Or worried?"

Practice now before the emotional intensity of the season ramps up.

"It's not just about diet and exercise," reminds Telpner, "but also the mind."

Seeking moments of quiet, or exercising — which benefits



It is not just about diet and exercise, but also the mind.

The UnDiet Cookbook
author Meghan Telpner

body and mind — will also help you manage temptations and frustrations.

Kindness is key

Compassion is essential to breaking the cycle of excess and denial, says Solomonian, and can be practiced in many ways. Focusing on positive behaviours — eating more vegetables, enjoying more outdoor exercise — is more satisfying than simply eliminating "bad" habits.

Occasional overindulgence isn't the worst thing either, so don't beat yourself up if you do go overboard. Just down a big glass of water and remember that a balanced life is the gift that keeps giving.

FEET

Going barefoot prevents injuries: Researcher

Walking barefoot helps to improve balance, posture and prevent common foot injuries, according to an American researcher.

Patrick McKeon, a professor at Ithaca College's School of Health Sciences and Human Performance in New York, says that the more people go barefoot at home, in the office or outside, the healthier their feet will be. He believes that the small, often overlooked muscles in the foot play a vital but underestimated role in movement and stability, similar to the core muscles in

the abdomen.

The researcher explained their importance by describing the cycle of feedback between the large "extrinsic" muscles in the legs and feet, the smaller "intrinsic" muscles in the feet, and the neural connections that send information from them to the brain.

When this cycle is broken, it can lead to overuse injuries that most athletes are familiar with.

Shoes can also have a negative effect on this cycle, McKeon explained. "When you put a big sole underneath, you put a big

dampening effect on that information. There's a missing link that connects the body with its environment."

Without the information provided by the small muscles in the foot, the larger muscles over-compensate and over-exert beyond the point of their natural ability to maintain and repair themselves. And when these muscles are no longer able to absorb the forces of activity, the forces are transferred to the tendons, bones and ligaments, resulting in an increased risk of injury.

McKeon says that the only

way of reintroducing this link and reactivating the cycle is to take off our shoes and strengthen the muscles in our feet by walking barefoot.

Exercises consisting of shortening the foot by squeezing the ball of the foot towards the heel can be done anywhere at any time. They can be particularly beneficial for injuries such as ankle sprain and shin splits (a wear-and-tear injury that is common in dancers and gymnasts).

The professor says that the benefits are not just physical, they can also be financial. Strong

feet simply need enough support to protect them and grip the ground, no more than that. No need to invest in very expensive shoes.

He also recommends that five to 10 per cent of the distance in a running routine should be barefoot, with a transition phase using ultralight running shoes.

However, he suggests avoiding walking or running barefoot in winter, because the cold tends to anaesthetize any pain.

AFP



ISTOCK

5 OFFBEAT WORKOUTS TO KEEP YOU MOVING ALL WINTER

Baby, it's cold outside! While the weather is frightful these five fitness trends are delightful. Metro has rounded up some indoor workout options to keep your blood pumping this winter. From swimming and scrambling, to "serving all this, swerve, surfing all in this good, good" like Beyoncé sings. TORSTAR NEWS SERVICE/METRO



1 Mermaid madness

Slipping into a mermaid suit and swimming across a pool might sound like something out of a fairy tale, but some consider it serious fitness. Halifax, Ottawa, Toronto, Winnipeg, Calgary, Vancouver are all home to their very own mermaid swimming school where patrons who are willing to shell out the cash can get an aquatic workout.



2 Indoor obstacle courses

At some point, as you slog your way through thigh-deep mud, scramble under barbed wire or try to scale a very high wall you might stop and wonder just where your fitness plan got so off track. Obstacle courses like Tough Mudder have taken off in recent years and Toronto's 10,000 square-foot indoor training centre Pursuit OCR now offers year-round access to a course.



3 Being Beyoncé

If booty popping and sassy walking is more your speed, Toronto-based actor and drama instructor Nicky Nasrallah teaches classes featuring Beyoncé's dance routines so everyone can learn how to run this world like Queen Bey.



4 Footloose and fancy free

If all else fails and there's always Prancerise, a musical combination of prancing and ankle weights. If you're having trouble visualizing what a rhythmic horse's gait might look like, check out John Mayer's music video for his 2013 single Paper Dolls, which features Prancerise's creator Joanna Rohrbach showing off "a prance to romance to."

5 Workout wave of the future

Surfset Toronto provides a form of fitness that's totally radical. For those looking to hang 10 — or just lose 10 pounds — the gym offers lessons atop moving surfboards that recreate the feel and challenge of surfing.



TASTE PREFERENCES

Neurogastronomy is discovering how the brain adds flavour

Neurogastronomy is a relatively new phenomenon in the worlds of neurology and culinary expertise. It seeks to understand taste preferences and how the experience of eating could be modified by factors other than taste and smell.

Neuroscientists at the University of Kentucky in the U.S. and a number of renowned chefs have undertaken an experiment to see how patients with taste impairments could recapture the joy of food. They announced their conclusions at a symposium organized by the International Society

of Neurogastronomy which was held in Lexington earlier this month.

During this event, participants could visit eight tasting stations which demonstrated how our perception of flavours is not just influenced by the palate and the tongue. The participants covered their eyes and nose, sniffed scent jars, and at one station even ate pink cookies while listening to music, dis-

BRAIN FOOD

The brain uses all the senses to perceive flavour. Researchers are interested in modifying the eating experience by taking all of them into account.

covering that the taste was the same as the black cookies accompanied by harsh music.

The aim was to explore the possibilities of improving the quality of life for patients who had lost their sense of taste or smell as a result of chemotherapy, brain lesions, a stroke, or neurological diseases like Alzheimer's and Parkinson's.

During the "Applied Neuro-

gastronomy Challenge", teams of neuroscientists, chefs and cancer patients competed with each other to make food that would appeal to the taste-impaired by mixing sweet, salty, mild and tart flavours.

The brain uses all the senses to perceive flavour and it influences our dietary decisions. And some chefs are toying with perception.

For example, a few years ago a Japanese dish was served at The Fat Duck, the restaurant headed by the Michelin-starred chef Heston Blumenthal, with

the lapping of waves and the cry of seagulls played on an iPod as background music.

Similarly, in Shanghai, Paul Pairet's Ultraviolet restaurant immerses diners in a "virtual" multi-sensory experience. The atmosphere is created by video projections, distinct musical environments for each dish and different scents diffused from the ceiling and the glass domes brought by the waiters.

And recently, British Airways passengers on long-distance flights have been able to choose the music to accompany

their food. The playlist is said to improve the taste of each dish.

Charles Spence, the director of the Crossmodal Research Laboratory at the University of Oxford in the U.K., whose research was used as a basis for the British Airways playlist, says that our senses influence the way we perceive food. For example, eating a fish dish with fancy cutlery gives the impression of a better-tasting meal than if canteen knives and forks are used. The results of this experiment which involved 160 people in Scotland were wholly conclusive. AFF

WOMANHOOD

Jolie Pitt is all about menopause

Ned Ehrbar
Metro | Hollywood



It turns out Angelina Jolie Pitt — who has never shied away from talking about anything, even a double mastectomy — has found a new facet of womanhood to promote and take the stigma away from, and it's the change.

"I actually love being in menopause," the 40-year-old actress and director tells the Telegraph.

And if you think 40 is a bit young, she explains that her surgeries to prevent ovarian and breast cancer caused physical changes that triggered it earlier than might otherwise have happened.

"I haven't had a terrible reaction to it, so I'm very fortunate. I feel older and I feel settled being older. I feel happy that I've grown up. I don't want to be young again."

We get it, Angie. There isn't anything out there you can't be cool with.



Angelina Jolie Pitt in *By the Sea*. The 40-year-old actor/director says she "loves" being in menopause. HANDOUT

JON SNOW

Game of Thrones teases with poster

Ned Ehrbar
Metro | Hollywood

Just when all that silly speculation about whether or not Jon Snow is alive on *Game of Thrones* had finally started to die down, HBO has to go and revive it all anew.

A tantalizing new poster for the hit show's sixth season shows a monochromatic close-up image of Snow (Kit Harington) with his face pointing downward and splattered with red blood.

It doesn't necessarily say

he's alive, but it at least suggests he'll play a role in the new season.

But we'll have to wait an exceedingly, annoyingly long time to find out what's going on, as the poster's lone, concrete piece of information — the word "April" — tells us.



GOSSIP BRIEFS

K-Fed dissed Beyoncé's looks

When sports blog Terez Owens tweeted about Beyoncé and Jay Z attending the Canelo vs. Cotto boxing match in Las Vegas this weekend, noted ex-husband of Britney Spears Kevin Federline decided it was the perfect opportunity to offer his unsolicited opinion about Bey's features. "She looked Botoxed," he tweeted. "So sad when a beautiful woman chops and screws her face up with Botox and surgery," followed by "#sawface."

NED EHRBAR/FOR METRO
HOLLYWOOD

Will RiRi drop album on Tidal?

Rihanna fans have been speculating about when her next album will drop for months, and it seems that the wait may soon be over. Twitter is abuzz saying she will release a new album this Friday exclusively on Tidal and then release it on iTunes Dec. 4. With Apple Music courting celebrities such as Drake and Taylor Swift — both of whom dropped their albums early on the music service — it would be a bold move for Rihanna. The album — which will be called *Anti* — will be Rihanna's first album since 2012's *Unapologetic* and will include her three current singles — *FourFive Seconds*, *B— Better Have My Money* and *American Oxy-*

gen. EMILY
LAURENCE/
METRO
NEW
YORK

JOHANNA SCHNELLER WHAT I'M WATCHING

Afterlife bad news for *The Leftovers*

THE LEFTOVERS, SEASON TWO, EPISODE EIGHT (HBO)

Kevin Garvey (Justin Theroux) wakes up in a bathtub and slithers out, naked and choking.

Because he died at the end of episode seven, we know this must be, if not the afterlife, an afterlife. (If you haven't watched *The Leftovers*, put this down and go watch.)

For we devotees, this is a Significant Moment. It means that Kevin survives, which is good news. But it also means that, in the universe of this show, there's an afterlife.

To me that's bad news. Until now, there's always been one big mystery with no solution — one October day, many people on earth suddenly disappeared — plus countless little mysteries that those left behind have created in reaction to the big one.

But the little mysteries always had earthly explanations.



Kevin Garvey's death could have been a moment to explore mortality. But no.

The show meted out details until they were solved, and the collective "Ohhh" you heard echoing through the televerse was earned. Mulling over episode six (which I did a lot this week — one pleasure of not binge watching), I'd decided there was a sad grandeur to Kevin's killing himself. He'd always struggled to continue living in a "normal" way, to resist the lunacy around him, to solve the mysteries.

Then he bought into one, to the extent that he believed he could return from death. For a few minutes we viewers held our breath. When he died, this realization washed over me: "You bought in, too! Madness is contagious! How brilliant!"

I thought his death had meaning because it illuminated something about being mortal. But no. There's an afterlife now. Sigh.

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FOLLOW THROUGH ON FRESH START

Adult incontinence doesn't have to be an issue that negatively affects your lifestyle

Every year, we promise ourselves a fresh start for the New Year. We take on a new diet or exercise regime and plan to love ourselves unconditionally. Fast forward a few months and we're back to our old habits. It's time to ditch that thinking and start living, loving and laughing every day.

Positive aging expert Barbara Hannah Grufferman shares these tips for those looking to live life to the fullest and not be slowed down by adult incontinence:

- **Live:** Everyone is busy, and often overwhelmed by life's daily demands. That's no excuse to stop taking care of yourself — take the time each day to go for a walk, attend a fitness class or hit the gym, releasing endorphins for an instant mood boost.

In fact, women with sensitive bladders should strengthen their muscles with squats, push-ups and the plank. These are three essential exercises that can be done anywhere, anytime using the correct form.

By working these moves into your daily routine, you can help to avoid osteoporosis and strengthen your pelvic floor to avoid light bladder leakage.

- **Love:** One in five women who experiences bladder leaks avoids sexual relationships due to embarrassment. Furthermore, around 11 per cent avoid seeing friends or family because they experience leakage.

Products like Always Discreet, which neutralize odours, help contain bladder leaks, and offer a comfortable fit, can help you feel like bladder leaks are no big deal.

- **Laugh:** Laughter is often a trigger for light bladder leakage and eight in 10 women who experience it do so when they cough or sneeze too. Discreet bladder protection solutions can help women laugh all they want — in fact 88 per cent of women under the age of 55 felt a product that protected from leaks and was discreet to wear could help them be more socially active.



SHUTTERSTOCK



SHUTTERSTOCK

Giving the gift of massage makes everyone feel good

Give your family and friends the gift of massage this holiday season through the Wellington College Student Clinic and on-campus massage therapy supply store, Equip Massage.

Store Manager Jodi Neufeld expects gift cards will be a hot item this year, adding they benefit both the recipient and the students.

"The Student Clinic is a cost-effective way to receive Massage Therapy. The student

treatments cost less than half of an average massage appointment," she explains.

"The best thing about coming in for an appointment with one of our students is that you are helping them learn while receiving a great treatment at the same time."

For those who work in the field — massage therapy, physiotherapy, acupuncture and other supportive health-care modalities — a gift card for Equip Massage is a great option.

The store also offers several items for the public, including heat wraps, aromatherapy oils and supplies, as well as a selection of massage lotions and oils.

"A gift certificate for Equip Massage Therapy Supply would be best received by anybody in a supportive health-care profession, including Massage Therapists and students of massage therapy. Also, any friend or family member who enjoys giving or receiving massage," Neufeld says.

Gift cards can be purchased in any denomination for use in the clinic and are available for purchase Monday through Friday.

Visit wellingtoncollege.com/student_clinic for more information

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Sharks goaltender Martin Jones was named the NHL's first star of the week after going 3-0-0 with a 1.63 GAA and a shutout

Redblacks go back to work

103RD GREY CUP

Ottawa club refocuses after dramatic win over Hamilton

Henry Burris woke up Monday morning still riding high off the emotion of the Redblacks' dramatic victory in the East Division final. But while his big play in the closing minutes helped erase decades of football frustration for the city of Ottawa, Burris says the team needs to start looking forward quickly.

Burris connected with Greg Ellingson for a late 93-yard touchdown pass to lead the Redblacks to a 35-28 win over Hamilton on Sunday. It marked the first time an Ottawa football franchise advanced to the Grey Cup final since 1981.

The Redblacks will take on the Edmonton Eskimos, who defeated Calgary 45-31, Sunday in Winnipeg.

"It seemed as if we were battling against a great Hamilton Tiger-Cats team, and also all the frustration of the past that have occurred here in Ottawa, but once Greg made that catch it felt like the bubble burst," Burris said. "It was like all the things in the past we let bygones be bygones and the fans did the same and we have a great memory that will be remembered for a long time, especially with that play that was made. Now we can make even much better memories if we can go out



Redblacks wide receiver Greg Ellingson, left, fends off Tiger-Cats defensive back Emanuel Davis on his way to scoring the winning touchdown in East Division final in Ottawa, Sunday. ADRIAN WYLD/ THE CANADIAN PRESS

to Winnipeg and get it done."

As exciting as the win was, the team was back at work first thing Monday morning preparing for the Eskimos.

"Yes we're excited and it was a big day (Sunday), but there's more work to do and these opportunities don't come around all the time," said Rick Campbell, who will be making his first Grey Cup appearance as a

We have the right mixture of play-making ability, leadership, experience, knowledge, but the belief is through the roof.

Redblacks QB Henry Burris

head coach. "The way to make the most of the opportunity is make sure you go there and work hard and do all the things

we normally do as far as meeting and practices and all that stuff and get ready to play another football team."

The Redblacks' turnaround has been monumental considering the franchise is only in its second year and coming off a 2-16 season. But Burris said he knew from the start of the season this group of players would be successful.

"I've talked about playing on so many special teams, but this has that special aura," he said. "There's something special in

+ TENACIOUS D

62

Ottawa's defence led the league in sacks with 62 this season. It also ranked first in fewest rushing yards (70.8) and total yards (297.6).

18.9

Edmonton was the league's stingiest unit (18.9 points per game) and toughest to pass against (245.2 yards).

that locker room. To see the way all the guys love each other the way we do is very uncommon. We have the right mixture of play-making ability, leadership, experience, knowledge, but the belief is through the roof. All of us will die for each other in that locker room."

The Redblacks lost both of their games against the Eskimos early in the season and know they will be facing the top defence in the league.

"We've grown leaps and bounds there's no question about that," said offensive coordinator Jason Maas. "That's why I do feel confident that we can go in there and make some things happen against them, but at the same time they've grown too." THE CANADIAN PRESS

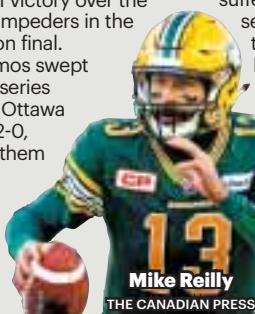
+ ESKS AFTER 10TH STRAIGHT WIN

Mike Reilly and the Edmonton Eskimos head into the Grey Cup on quite a roll.

Edmonton chalked up its ninth-straight win Sunday with a 45-31 victory over the Calgary Stampeders in the West Division final.

The Eskimos swept the season series against the Ottawa Redblacks 2-0, outscoring them 69-29.

Ottawa will see Reilly on Sunday for the



Mike Reilly
THE CANADIAN PRESS

first time this season. Back-up Matt Nichols got both previous starts versus the Redblacks, as Reilly was sidelined with a knee injury suffered in Edmonton's season-opening loss to Toronto in Fort McMurray, Alta.

Edmonton weathered the storm during Reilly's absence, posting a 6-3 record, but has been unbeatable since his return.

Wade Miller is still feeling the sting of the Blue Bombers not playing in Sunday's Grey Cup game on home soil.

But the team's president and CEO has to shelf that disappointment as the club focuses on hosting a week of fun events leading up to the 103rd championship game between the Edmonton Eskimos and Ottawa Redblacks in Winnipeg.

"You play every year to play in the Grey Cup, whether that's in your city or another city, so that sting doesn't go away," Miller said on Monday.

On a bright note, he expected the last 1,000 tickets to the game to be scooped up,



Adding to the total

- Edmonton will make its 25th Grey Cup appearance and chase its 14th championship, first since 2005.
- Ottawa won nine Grey Cup titles as the Rough Riders before ceasing operations following the 1996 season.

putting a sold-out crowd of 36,634 fans in the stands at three-year-old Investors Group Field.

"The phones started ringing yesterday after the game and there's a lot of excitement in Ottawa," Miller said of the Red-

blacks' victory over Hamilton in Sunday's East Division final.

Miller, a former Bombers fullback, entered the league in 1995, two years before 40-year-old Ottawa quarterback Henry Burris.

"They put a whole team

together around him and he stayed healthy for the whole year," Miller said. "It's going to be good to see him perform and it'll be a great game on Sunday."

It's the fourth time Winnipeg is hosting the championship. The 2006 game drew 44,756 fans, 1998 had 34,157 and 51,985 fans filled the old stadium in 1991.

Weather is always a talker for a Grey Cup in Manitoba, but Mother Nature may give fans and players a reprieve. Environment Canada's forecast for Winnipeg on Sunday calls for sun with a high of -5 C and a low around the double-digit mark. THE CANADIAN PRESS

Bombers CEO pained by sitting out game

WOMEN'S SOCCER

Olympic
draw suits
Canucks

Canada got a favourable draw Monday in its road to the Olympic women's soccer tournament. The Canadian women, ranked 11th in the world, were drawn in Group B with No. 48 Trinidad & Tobago, No. 84



John Herdman
THE CANADIAN PRESS

Guatemala and No. 92 Guyana for the Feb. 10-21 CONCACAF qualifier.

The top-ranked U.S., as host country, was placed in Group A with No. 26 Mexico, No. 34 Costa Rica and No. 115 Puerto Rico. The two finalists will represent North and Central America and the Caribbean at the 2016 Games in Rio de Janeiro. Canadian coach John Herdman said Canada will be favoured in its group. "When you put that together we are the strongest team in the group," he said. "And it's ours to lose."

THE CANADIAN PRESS

Avalanche smother the Jets



The Jets' Chris Thorburn has a shot stopped by Avalanche goaltender Semyon Varlamov on Monday night at the MTS Centre. TREVOR HAGAN/THE CANADIAN PRESS

NHL

Winnipeg
drops back to
.500 on season

Cody McLeod scored the winner in the third period to lift the Colorado Avalanche 4-1 over the Winnipeg Jets on Monday night.

Former Jets defenceman Zach Redmond's shot from in close clipped McLeod and rolled past Winnipeg goaltender Michael Hutchinson for his fifth goal of the season at the 6:45 mark of the third.

Carl Soderberg, Matt Duchene, and Blake Comeau, who hit the empty net, also scored for the Avalanche (8-12-1), who snapped a three-game losing streak.

Toby Enstrom scored the lone goal for the Jets (10-10-2), who dropped back to .500

on the season.

Semyon Varlamov record his fourth win of the season with 20 saves, while Hutchinson took his fourth loss of the season, allowing three goals on 28 shots.

Two big saves by Hutchinson at one end were followed up by Enstrom's first of the season moments later to give Winnipeg a 1-0 lead by the 13:40 mark of the first period.

The goal was the first in 41 games for Enstrom dating back to Feb. 19.

With the Avs on the power play, Soderberg's shot in front caromed off the skate of Winnipeg defenceman Tyler Myers and past Hutchinson to tie the game at 1-1 at the 16:43 mark of the second.

The Jets head on the road for three games to close out November, with their first stop coming on Wednesday against the Washington Capitals.

Earlier, it was revealed Jets No. 1 netminder Ondrej Pavelec will be out until at least January with a strained knee suffered on a collision with Arizona Coyotes captain Shane Doan on Saturday night.

THE CANADIAN PRESS

MONDAY At MTS Centre



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Or bring in a donation of 3 or more
non-perishable food items and
enter to win a \$100
Portage Place Gift Card.



RECIPE One-Pot Chicken & Tomato Pasta

PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

- Salt and pepper to taste
- 1/2 cup mozzarella

Directions

1. Warm up your olive oil in a large, deep skillet over medium heat. Brown the chicken (you may need to work in batches).
2. Once all the meat is nicely browned (but not cooked through), add the garlic, thyme and mushrooms and let them soften up and kick off their juices. Now add the wine and/or stock, water and tomatoes. Break the tomatoes up with the back of a wooden spoon.
3. Bring the sauce to a bubbly simmer and add your pasta. As the pasta softens up in the heat, push it under the liquid. Depending on which pasta you're using it will take about 15 to 20 minutes. Taste and check seasoning.
3. Top with a big handful of mozzarella.

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This may be the simplest pasta recipe ever but it doesn't scrimp on flavour. And it only dirties one pot so it's basically perfection in the form of dinner.

Ready in

Prep time: 30 minutes

Serves 4**Ingredients**

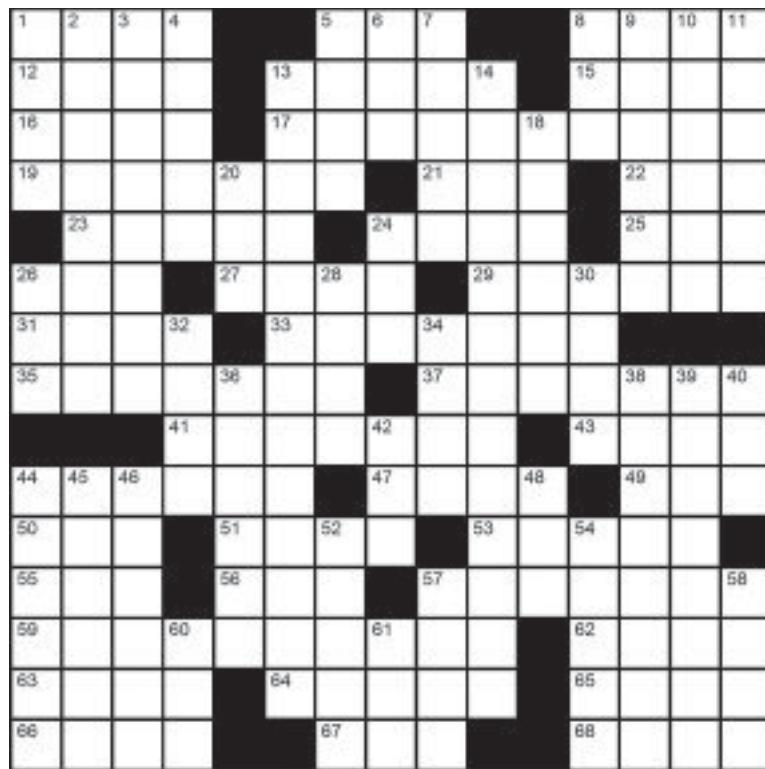
- 1 Tbsp olive oil
- 4 skinless, boneless chicken breasts, cubed
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 Tbsp fresh Thyme
- 1/2 cup white wine
- 1/2 cup chicken stock (or 1 cup of stock if you don't have or feel like using wine)
- 1 x 28 oz can of whole tomatoes
- 1 cup water
- 225 grams of dried pasta

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. A few
5. Set-__ (Arguments)
8. Sailboat part
12. Division
13. Mr. Fiennes of flicks
15. Regarding: 2 wds.
16. Mr. Voisine, Canadian singer
17. As per #41-Across... Is an alumnus of The Second City comedy troupe
19. Touch up/intensify
21. Boucher-ville buddy
22. 'Tsar' suffix (Russian empress)
23. Showbiz personality Ms. Shore
24. Perfectly, to __
25. Luba of "Royal Canadian Air Farce"
26. Zig's pal
27. Calligrapher's props
29. J.R., Sue Ellen and Bobby
31. Classic range cookers
33. Observes
35. Flamboyance
37. Like a not-erupting volcano
41. "Cityline" guest expert Ms. Smith (More at #17-Across and #14-Down!)
43. TV fuzz
44. Apple drinks
47. Care-__ (Care Bears home)
49. Dove's patter
50. Egg mass



51. Mormon Tabernacle Choir's state
53. Canadian singer Ms. Ord
55. Halifax's famous madam Ms. McCallum (b.1909 - d.1986)
56. Roman sun deity

57. Witty comeback
59. Triumphant
62. Use a wooden spoon
63. Strong as __
64. Marina vessel
65. Joy of Cooking author, __ S. Rombauer

66. Camp shelter
67. Bering, e.g.
68. Blinkers

DOWN

1. Certain
2. People of the Hills... One of the nations of the Haudenosaunee

- Confederacy
3. Madonna's home state
4. Mr. Hawke
5. Gentle
6. Raine Maida's band [acronym]
7. Mother Goose guy Jack

8. Avril's follower
9. Allocate
10. Dictation-taker, for short
11. Not yet to-morrow's
13. Like Canada's storied past: 3 wds.
14. Profession of #41-Across: 2 wds.
18. TV show fan
20. Book publisher, __ A. Talese
24. Prince Edward Island hrs.
26. Handle a laser
28. Second __ War (1899 to 1902 conflict)
30. Belief systems
32. Equivalent
34. Variant-spelled pastoral poem
36. Legendary tenor Enrico
38. Genealogist's specialty
39. Midday
40. One-plus-One
42. Sixth music syllable, variantly
44. Dapper piece of neckwear
45. Scrape application
46. Cleric with a wooden bench
48. Dance style
52. __ Grace (1996 Margaret Atwood novel)
54. Actress Ms. Perez
57. Industrial region of Germany
58. Ages
60. 'Plain' computer file extension
61. Calendar mo.

★ **IT'S ALL IN THE STARS** by Sally Brompton

♈ **Aries** March 21 - April 20
Someone you have always thought of as a rival will surprise you today by saying something that makes you feel good. Is it some kind of trick? No it is not. They really do want to be nice to you. Be nice in return.

♉ **Taurus** April 21 - May 21
What happens today will convince you that what you've been working on is not what you should be doing. Now you're free to pursue something that is much more true to you.

♊ **Gemini** May 22 - June 21
This is a good time for relationships, especially those that come from the heart. Today, give everything you have got and you will get it back in multitudes.

♋ **Cancer** June 22 - July 23
If someone you thought you could trust has been telling tales about you behind your back then by all means cut your links with them. But make sure you know all the facts first.

♌ **Leo** July 24 - Aug. 23
Do only what you want to do. The Sun in Sagittarius at this time of year means it's so easy to have fun, so get out and about, see and be seen and do something truly amazing.

♍ **Virgo** Aug. 24 - Sept. 23
Important people are watching you and they will like what they see. They will like it even more if you give the impression that you are a team player and not just someone who is in it for themselves.

♎ **Libra** Sept. 24 - Oct. 23
Your confidence will soar over the next few days and with both Mars and Venus moving through your sign a breakthrough of your kind cannot be far away.

♏ **Scorpio** Oct. 24 - Nov. 22
If you get more than you deserve there's a cosmic reason for it. Could it be you did a favour for someone earlier in the year and, being the modest person you are, forgot about it? The universe never forgets.

♐ **Sagittarius** Nov. 23 - Dec. 21
Ignore those who seem to enjoy preaching doom and disaster. Be positive and hope that your can-do attitude rubs off on those who seem to enjoy being negative.

♑ **Capricorn** Dec. 22 - Jan. 20
The more you have been frustrated in the past the more you will enjoy yourself now. Appreciate your moment in the spotlight but remember: modesty is always attractive — and less likely to make you a target!

♒ **Aquarius** Jan. 21 - Feb. 19
If you want to make a name for yourself it won't be too difficult. Today's Mars-Saturn link will bring out your ambitious side. You're on your way to the top.

♓ **Pisces** Feb. 20 - March 20
Everything you believe in is being put to the test. It may be a painful process but it needs to happen so that you can reach a better understanding of who you really are.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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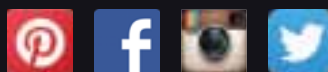


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